

Heart-of-the-Home . . .

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Newsletter

September 1964

Dear Friend

September again--vacation's over, the children back at school, and life seems to settle down to a different routine--though as busy as ever.

I think we in Minnesota are fortunate to have our changing seasons. Somehow hustling to prepare for them keeps us in line. Even though we don't like the thought of storm windows and hardly got our wool clothes put away before it's time to get them out again, they're pretty comforting when winter winds blow.

Let me hear from you if you have questions or suggestions. I'm always on hand and will be glad to help you. If I don't know the answers, I can find someone who does.

My very best wishes.

Sincerely

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

WASHING LEATHER GLOVES

During the summer we wore cotton or nylon gloves we could wash with other laundry items, and their care wasn't much of a problem.

Now it's time to check those leather gloves to be sure they're ready to wear with fall suits and coats.

Here are a few tips on leather glove care:

Be sure to follow directions. They may not be washable and will need dry cleaning.

If gloves are washable it's important to wash them before they get too soiled.

Use a mild detergent or special glove soap.

Wash gloves off the hands getting the sudsy water inside, too.

Rinse well in two or three rinses.

Roll them in a turkish towel, beginning at the fingertips so the water will be squeezed out of the

fingers. When the towel has absorbed most of the moisture, blow inside to open them up so air can circulate freely.

When the gloves are nearly dry, work them between your thumb and forefinger until the leather feels soft. Then put them on your hands, fingers first, then the thumb.

Caution: Never wash leather gloves that have been dry cleaned. Dry cleaning removes the natural oils. Washing will result in an unhappy combination of different shades and blotches.

SEWING WITH STRETCH

Garments made of stretch fabrics now so popular and comfortable may present sewing problems unless you know how to use them.

Athelene Scheid, extension clothing specialist, University of Minnesota, has prepared instructions on sewing with stretch fabrics. The article is too long to print in the newsletter but I will be glad to send it to you if you will write me. Just ask for "Sewing With Stretch."

NOTES FROM OUR READERS

Mrs. John Gow of Minneapolis sends a recipe for "Pizza Burger." It's a good keeper and can be mixed ahead of time and used as needed.

Pizza Burger

1 12-oz. can of ham luncheon meat ground
 1/2 lb. Mozzarella cheese
 Onion salt
 Garlic salt
 1 cup melted butter
 1 6-oz. can tomato paste

Mix all ingredients together. Spread on one half of a hamburger bun and place under the broiler until cheese melts and the bun gets hot and toasted.

YOU'LL BE SEEING

Cellophane bags that are easy to open and close will soon be in use for pretzels, candy, potato chips, and other snacks.

These bags will have an across-the-top label adhesive sealed on one side and tack-sealed on the other.

You simply pull up the tab which opens the adhesive label and separates the top of the bag. The bag can be reclosed easily by folding over the top and pressing the adhesive label against the side.

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Electric windows--Now you can open and close your windows with the push of a button. An individual electric motor enclosed in the sill section operates each window. You can locate the push-button controls beside individual windows or group them in one central panel for the entire house. And you can equip the windows so they close automatically when it begins to rain.

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Foam-spray dried whole milk will soon give us whole milk powder that will keep at room temperature for 6 months without losing its fresh-milk flavor. It is not yet available commercially.

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Edible packages for frozen foods, candy, cereals, vitamins, and medicines will be available by the end of the year. Made from a corn product, they will look like the familiar cellophane.

WISE WAYS TO WASH CORDUROY

Corduroy is one of the original easy-care fabrics--popular long before the "wash-and-wear" phrase was ever invented. This durable material can be both washed and dried by machine and should need little or no ironing, if properly handled.

Light color corduroys can be laundered in hot soap or detergent suds and rinses. However, if the garment is not heavily soiled, warm water is preferable because it seems to encourage the softness

of the pile. Therefore, it is better to wash corduroy often in the lightly soiled stage instead of waiting until deep soil necessitates using hot water, prolonged machine agitation, or hard rubbing.

Dark colors, which have a tendency to bleed, should always be washed alone or with other dark pieces in warm suds and rinses. When washing colorful new garments for the first time, it is worthwhile to put them through a series of clean suds and rinses to flush away excess dye. This "establishes" the color and helps to keep subsequent bleeding to a minimum.

Since lint has a definite tendency to cling to surface pile, corduroy should be washed in a load with other pieces only if all are of similar color tone. As an added precaution, always turn corduroy inside out before laundering. And be sure to empty or clean out the lint traps of both washer and dryer before laundering corduroy. It is also wise to wipe the inside of both machines with a sudsy cloth--especially if a previously laundered load included such linty items as turkish towels or cotton underwear.

Before washing, pretreat any especially soiled areas by brushing or fingerrubbing with thick soap or detergent suds; also remove all spots and stains--preferably as promptly as possible after they occur.

Launder the entire piece in warm suds and warm rinses. Thorough rinsing is important for corduroys--especially raincoats and snowsuits--which have been treated with a water-repellent finish. The reason is that suds act as a wetting agent, and any left in the fabric will cut down on water repellency.

To soften the fabric and fluff up the pile of corduroy, add fabric softener to the final rinse each time an item is laundered. These fabric softeners or conditioners make fabrics softer, fluffier, and easier to iron.

To prevent "setting in" deep wrinkles, try to avoid prolonged spinning or twisting--especially if the garments will be line-dried. If a wringer is used, make sure that it is loosely adjusted and that corduroy items are straightened before going through the rollers.

Corduroy may be safely dried in a gas or electric clothes dryer at a medium heat setting; in fact, this is beneficial in fluffing up the pile. Be sure to remove such items while still slightly damp. To help retain the shoulder shape of shirts, jackets, and dresses, drape them over hangers to complete drying. For line-drying, first straighten and smooth each piece to its original size and shape; then use both hands to snap all lines of stitching taut.

Whether corduroy is dried by machine or line, follow up by shaking it well. Pressing should not be necessary; but, if desired, hold a steam iron just slightly above the right side of the fabric so that the steam can "coax" up the nap. To use a regular iron, first cover the corduroy with a damp cloth, and then hold the heated iron just above the press cloth to create steam. Corduroy bedspreads can go "right back to bed" without ironing. It's easy to do any desired steam-finishing while the spread is on the bed.

HOME -- SAFE HOME

Is your home really safe? Just how safe? According to the Minnesota Department of Health accidental death summary, home ranks second to our highways as the most common location of accidental deaths.

Last year 447 Minnesotans died in home accidents. The largest group of these - 193 - lost their lives as a result of falls.

Broken bones, wrenched backs, and burns caused 45,000 of our citizens to spend time in the hospital.

What can we do about this?

Homemakers should take the lead in making the entire family safety conscious.

Here are a few suggestions for preventing the number-one killer--falls:

Teach children to pick up toys from the floor and stairs, especially rolling toys, marbles, toys with strings, or ropes.

Be careful of garden tools, and the garden hose which is often pulled across the sidewalk while watering the lawn and flowers.

Get rid of throw rugs; they slip and slide. It's better to keep the dirt out of the house by having a good foot-wiping mat outside exterior doors at the bottom of the steps.

Pick up newspapers and magazines from the floor; they're slippery, too.

Arrange bedroom furniture so there is a clear path from door to bed with light switches at both places.

If you get up during the night turn on a light or leave a light burning in the bathroom. Kilowatts are cheaper than hospital bills.

Keep stair carpeting well tacked down, and keep skid-retardant material on basement stairs and outside steps.

Use skid-retardant strips in the bathtub and shower.

Install handrails for all stairs.

Install adequate lighting in stairways and light switches at both top and bottom of stairs.

Invest in a sturdy stepstool for use in the house --one high enough so you needn't step way to the top. You need the top step for balance.

Keep frequently used items within easy reach so there will be no need to climb for them.

IT'S BLANKET TIME AGAIN

When the nippy fall and winter weather begins you may find your blanket supply is short.

Should you buy all-wool blankets, 100-percent manmade fibers, or blends?

All-wool or 100-percent Orlon or Acrilan will be the warmest. Another indication of warmth is the thickness of nap. The thicker the nap, the warmer the blanket.

All-wool or 100-percent Orlon or Acrilan will launder or dry clean with less shrinkage than blends of fibers.

Choose a blanket with nylon rather than rayon binding so it will last the life of the blanket. And see that enough of the binding is turned under at the ends so it's held securely in place.

YOU TOO CAN BE AN ARTIST

The August Farm Journal has an interesting article about making wall placques from "nature's leftovers." The author used leaves, dried seed pods, fungus growths, grasses, and other plant products to make beautiful, framed wall ornaments.

You might start with an old picture frame to determine the size and shape of the finished placque.

Flower and weed seeds have fascinating shapes. When combined with a graceful dried stem with the seeds and pods as "flowers" you may find you have more artistic instincts than you realized.

It could be a pleasant pasttime for the children and for you too to see what nature leaves us after the summer is over.

FALL HEART-OF-THE-HOME CLASS SCHEDULE

Anoka - September 8-15-22-29
Courthouse - Anoka

New Ulm - September 9-16-23-30
Union Hospital - New Ulm

Minneapolis - September 11-18-25-October 2
Rehabilitation Center - 1900 Chicago Avenue
Minneapolis

Mankato, Blue Earth, and Rochester in October.
Dates not definite.

A GOOD KITCHEN CHAIR

Some of you say you can't sit to work. Trying to sit perched on a high stool with your heels hooked over a rung only cramps leg muscles and gives little comfort. Many of you give up because your position is too low and fruit juices or water trickle annoyingly along your arms. Others of you say you dislike jumping up to get something you have forgotten, or to answer the phone. After a few tries you remain standing.

It isn't that you wouldn't like to sit--it is that you have never learned how to do it comfortably and conveniently. Comfort and mobility spell the difference between enjoyment and frustration in chair work. To have comfort you must have a chair which fits as personally as your own clothes:

1. The height of the chair seat should permit the feet to rest firmly on the floor;
2. The cushioned seat should be wide enough to support the hips adequately;
3. The back of the hips should rest against the chair back.

A well-fitted chair will encourage good posture by giving proper support. Good posture while working will decrease fatigue.

But being comfortable is not enough; you must be able to move easily across the floor. Moving easily on the chair will give a new outlook on sitting to work.

For some homemakers with an unstable balance a chair on casters is not the answer. When you try to sit down, the chair may push back and a fall could result. In such cases a chair with the other features of fit but without casters would be the best choice.

Where can you find such a chair? The best source is an office supply house. Sometimes used chairs are available from beauty shops or offices that are changing furniture.

A secretary's chair is best because it has no arms.

Before you buy a chair first check:

- Height of your own work surfaces.
- Adjustability of the chair seat--
 - How high up it will go and
 - How low.
- Adjustability of the chair back:
 - Up and down to support the back in the right places.
 - Back and forth to get more seat room.

SHORT SHORTS

You never outgrow your need for milk. Milk is the only commonly used food that's a really good source of calcium so necessary for strong bones and good teeth. To furnish the same amount of calcium supplied by just one cup of milk, you'd need to eat a dozen eggs and half a dozen oranges.

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Don't cover the heating element of the oven with aluminum foil. It prevents proper circulation of hot air and won't produce even baking results. A piece of foil placed under a casserole or fruit pie will catch the drips.

In covering the drip pans under electric burners, be sure to leave the center open for air circulation or the burners will overheat and burn out.

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Eggs poached in water don't carry extra calories and they appear bigger than an egg cooked in the shell--an important fact to the calorie counter. Two poached eggs on a slice of dry toast, a glass of skim milk, and half a grapefruit supply a substantial breakfast for less than 400 calories. This is less than a chocolate ice cream soda, a piece of chocolate cake, or a serving of macaroni and cheese.

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The coarse outer leaves of head lettuce contain higher concentrations of vitamins than the inner, tender leaves. Use the outer leaves whenever possible.

Broccoli leaves have much more vitamin A than the stalks and flower buds.

In trimming cabbage, remember that the core as well as the leaves is high in vitamin C.

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If you're trying to lose weight, take in calories in approximately even amounts during the day. Most important of all--don't slight breakfast and lunch and overeat at the evening meal. This is the least active part of the day. Without physical activity the body can't cope with the overload. Fat builds up instead.

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A dull overcast day is best for washing windows. On a bright day, sunshine dries the washing solution and rinse water so quickly that streaks may be left on the glass.

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